

Rome is where the tart is...

THE togas are thrown off tonight in sizzling telly epic Rome – as the show's babes strip for action.
British beauty Polly Walker, 39, goes topless as her tarty character Atia enjoys a steamy session with lower-class stud Timon – played by former Corrie star Lee Boardman, 33.
Sexy Irish actress Kerry Condon, 23, also reveals all for the cameras. Kerry, who plays Atia's daughter Octavia, is seen flashing her boobs and bum in a rampant romp. You can catch all the action on BBC2 at 9pm.
A BBC insider said: "The sex scenes are graphic but the actresses knew they'd have to strip when they signed up."



EMPIRE GAMES:
Polly Walker peels off for a romp while, above, Kerry Condon gets to grips with a lucky Roman fellah

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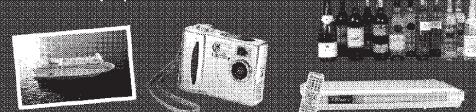
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SOAPER STAR

SONIA SEX SHOCK!

Ender wife's lesbian lust

■ by LAURA NEIL
MARTIN and Sonia Fowler's troubled marriage is about to be plunged into a new crisis - fuelled by the lure of lesbian lust.

Albert Square's unhappy Sonia (Natalie Cassidy, 22) will turn to old college pal Naomi Julien for advice over Martin (James Alexandrou, 20). But it will turn into an "I Love You" confession for Naomi (Petra Letang, 25) and the pair will end up locking lips.

Guilt

Last night a show insider confirmed: "Naomi's comforting words soon turn to passion and she admits to Sonia that she's in love with her."

"When Naomi plants a kiss, a stunned Sonia finds herself returning it, and she's immediately plagued with guilt."

She races home to Martin in an effort to prove she doesn't have lesbian feelings.

The insider said: "We hope there won't be complaints, even though it is pre-watershed TV. The issue will be dealt with in a sensitive and caring fashion..."

news@dailystar.co.uk



BALDWIN BUST-UP

CORRIE'S battling Baldwin brothers square up in front of their dad. Danny (Bradley Walsh, 45) is still reeling from the fact Mike Baldwin (Johnny Briggs, 70) is his dad, not his uncle. ■ He loses the plot next Friday when half-brother Adam (Sam Robertson, 19) taunts him about their old man, forcing Mike to step in.

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Calls cost £1.50 per minute from a BT landline (calls should last no longer than 90 secs). SMS Cost £1.50 per message (2 msgs received).

Promotion closes at 11.59pm on 15th November 2005.

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KEEP up with storylines from your fave soap, sent straight to your mobile. Simply text STATCH NEWS for 25p per message. Simply text one of the following to 61616. For Coronation Street, text CORRO. For EastEnders, text EAST. For The Bill, text THEBILL.

And for Emmerdale, text EMDALE. You will receive one message on days your soap is broadcast. The subscription service will cost 25p per day until you send the service name followed by STOP to 61616, i.e. send CORRO STOP to 61616. For help, call 0871 872 0112

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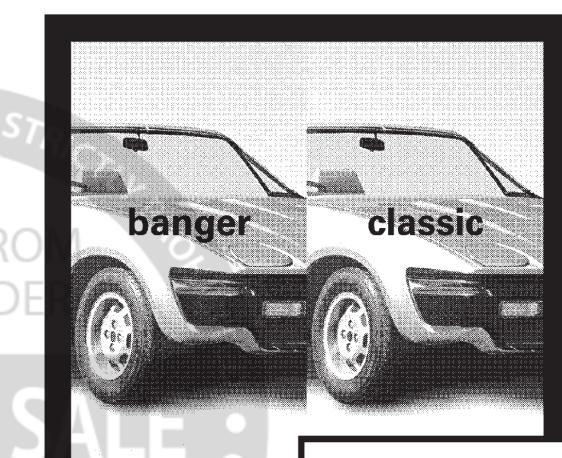
Sam on the run

SAM Mitchell will end up fleeing Albert Square despite being cleared of Dirty Den's murder.

Sam (Kim Medcalf, 31) goes on the run in Brazil after brother Phil (Steve McFadden, 46) warns she still faces jail for her part in covering up the pub killing.

An EastEnders insider said last night: "The decision to leave is very hard for her. But she really has no choice.

"Sam is no angel and she did conspire to conceal a very serious crime."



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STAR TWIST	£24.99 per sq mtr	£19.99 per sq mtr
Superb value hardwearing Twist carpet. Available in 8 beautiful colours.		
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Hardwearing carpet at a great price. Available in 5 superb colours.		
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STAR TWIST	£5.99 per sq mtr	£4.79 per sq mtr
Amazing stain resist Twist style carpet. In 8 natural colours.		
SCOTCHGARD FREE 5 YEAR WEAR GUARANTEE		
VERSAILLES BERBER	£6.99 per sq mtr	£5.59 per sq mtr
Easy clean Berber that's also easy on the pocket. In a choice of great colours.		
SCOTCHGARD FREE 5 YEAR WEAR GUARANTEE		

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Great looking print carpet and great value too! In a choice of 4 colours.		
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IBIZA BERBER	£4.99 per sq mtr	£3.99 per sq mtr
Hardwearing carpet at a great price. Available in 5 superb colours.		
STAR TWIST	£5.99 per sq mtr	£4.79 per sq mtr
Amazing stain resist Twist style carpet. In 8 natural colours.		
VERSAILLES BERBER	£6.99 per sq mtr	£5.59 per sq mtr
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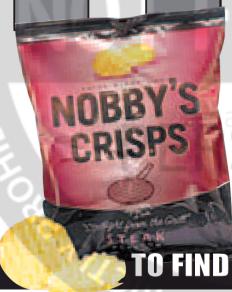
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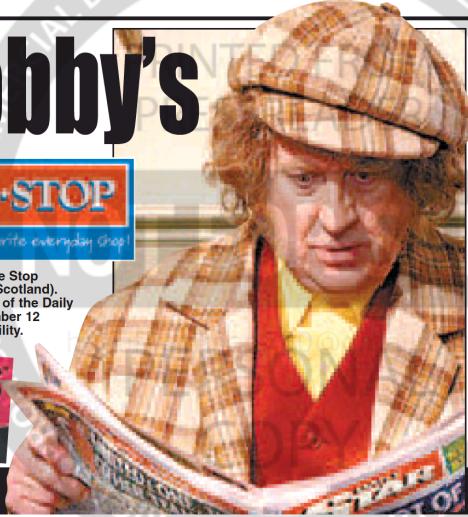
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Kate's got killer wellies

BOOTS ARE A&E PAIN

■ by GARY NICKS
WATCH out, Kate Moss! Those wellies can be bad for your health.

The humble rubber boot, as worn by supermodel Kate, 31, at this year's Glastonbury festival, was behind 7,093 visits to hospital emergency units last year.

Most accidents were caused by falling over wearing them or pulling a muscle putting them on.

People even managed to fall backwards while yanking them off others.

Hidden

And it's not just wellies that pose hidden dangers. Cardigans caused nearly 1,000 trips to casualty as baggy sleeves caught in doors or people tripped over them.

Nasty gashes cutting cheese accounted for 861 visits and 500 more were triggered by burns from hot cakes.

The A&E survey by the DTI, published in Time Out magazine, also revealed cocktail sticks resulted in 350 accidents while nearly 595 people tripped over pedal bins.

Some even managed to bang their heads bending to drop in their rubbish.

But few things are as dangerous as walking on polished floors in your socks – slips led to more than 80,000 A&E visits.



Picture: ANTHONY DEVLIN / REX

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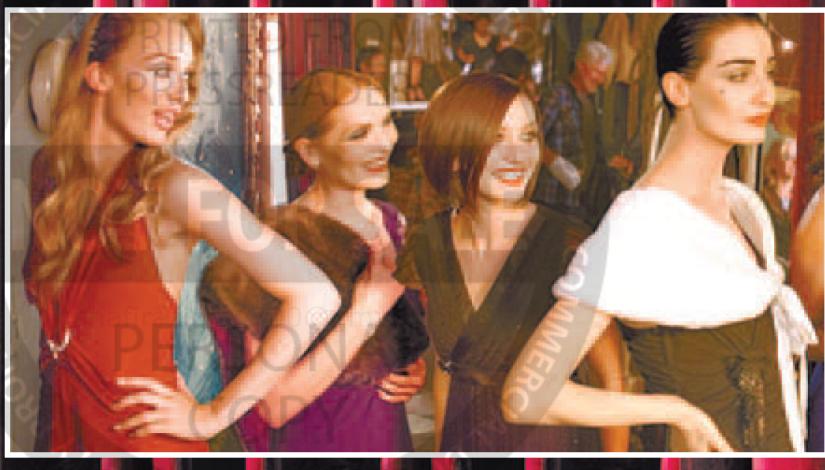
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ALL NEW DIET & FITNESS

Edited by KATE JACKSON

Salon of the secrets STARS

■ WINTER weather is notoriously bad for the skin, with harsh winds and icy temperatures playing havoc with our delicate complexions. But while the rest of us suffer with dry patches and wrinkles, A-list celebs manage to keep looking radiant all the time. **■ So what's their secret?** It may lie in their beauty treatments. Whether it's having oxygen pumped into their faces or hot glass balls giving suction therapy in the Chinese treatment of cupping, they've each got their salon favourites. **■ LINDA HARRISON** goes in search of eternal youth and checks out the stars' top pampering tips.

Urban Retreat, Harrods

MODEL Kate Moss is said to be among the many celebs who can't get enough of the nail salon at pampering centre Urban Retreat.

Kate, 31, gets her talons tended by manicurist to the stars Leighton Denny, who's won the Nail Technician of the Year award for the past four years.

Denny's nails are the ultimate fashion accessory for the hands.

Get calling now for that Christmas appointment! Ring 0207 893 8333 for more details.

FROM £20



SKIN DEEP: Crystal massage

SHE DOESN'T YANG ABOUT: Dr Lily does the business on our Linda's back

Picture:
ROY LETKEY



Cupping

FROM £30

EVER since Gwyneth Paltrow appeared in public with those angry red bruises all over her back last year, I'd wondered what cupping was like.

Would it hurt? And how long would those funny marks stay there?

While I'd love to look as radiant as 33-year-old Gwynnie, I can't stomach going macrobiotic.

But the idea of trying out the ancient Chinese art of cupping appealed to me.

So I head off to the Acumedic Centre in Camden High Street, London, a specialist centre in Chinese medicine and treatments, where I meet celebrity medic Dr Lily - who used to treat Princess Diana.

Cupping is an excellent detox and good for getting the blood whizzing round the body.

Dr Lily tells me it's also great for treating infertility.

This tiny Chinese lady takes one look at my tongue and informs me that I'm stressed and my body is all out of balance.

She then lights a flame and starts to heat up a small glass jar.

I look on sceptically but am told to lie face down on the pristine white bed in the corner of the room and relax.

Suddenly Dr Lily sticks one of the jars on my back. It creates a vacuum and pulls the flesh up inside the jar. It doesn't hurt as much as I thought - it's very warm but not too painful.

My back is soon covered with the little jars.

In a couple of minutes Dr Lily pulls them off and I'm covered in circular bruises à-la-Gwyneth. Apparently I look like I've been given love bites by an octopus. Very attractive.

But I'm not a cryer like Gwyneth and I soldier on.

I'm told the marks will fade in a few days, and the feeling of well-being will outstrip any negative feelings I have about the hideous marks.

With Dr Lily waving me out of the surgery, I head out of the world feeling at peace with my yin and yang.

For more information, call 0207 388 6704 or log on to www.acumedic.com/index.htm

Crystal Clear Oxygen Treatment

I AM lying on my back in a salon with a machine whirring away behind me.

My face has been cleansed, toned, moisturised and exfoliated with minute crystals. I feel radiant already.

But there's more... I am about to have my skin blasted with oxygen.

I am mid-way through the Crystal Clear Oxygen Treatment facial, which promises instant skin rejuvenation.

Dita Von Teese, 33 (right) swears by this beauty boost, regularly visiting specialist salons for the anti-ageing treatments to maintain her pearly complexion.

And if it's good enough for the glamorous fiancée of freaky rocker Marilyn Manson, 36, it's good enough for me.

In the first stage of the facial, tiny crystal fragments are massaged into the skin.

The procedure is carried out by a patient beautician with the use of a special piece of equipment. Then

FROM £65

the jet of oxygen puts anti-ageing serums into the deeper layer of the epidermis, feeding the skin and stimulating microcirculation.

This is meant to improve skin elasticity and firmness.

The oxygen treatment feels tingly but quite relaxing. In fact, what with the rhythmic churning of the machine and the oxygen massaging my skin, I'm almost dropping off within five minutes.

The treatment is finished off with a 20-minute Crystal Clear Mini Mask Lift to instantly give a temporary "facelift".

Afterwards, my skin feels smoother, cleaner and firmer.

Call 08705 934 934 or log on to www.crystalclear.co.uk for stockists and salons nationwide.



Alberto VO5 Hot Oil Treatment

SEXY supermodel Heidi Klum, 32, swears by Alberto VO5 Hot Oil Treatment.

The German babe uses it to reduce split ends, smooth the texture of her hair and give her golden locks plenty of shine.

The missus of 42-year-old singer Seal, who gave birth to baby boy Henry two months ago, prefers this high street favourite to the more costly brands out there.

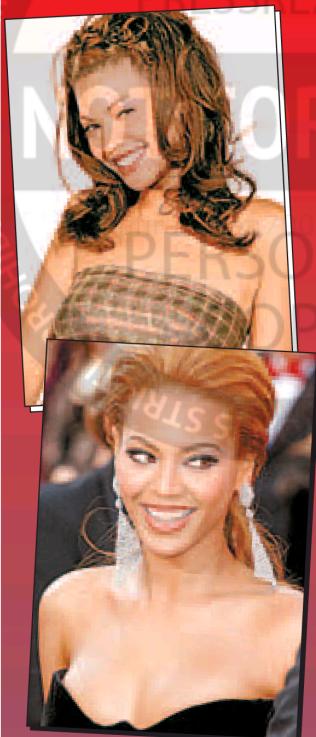
And with her terrific sense of style, we reckon she knows what she's talking about.

£3.89 FOR 4 TREATMENTS

INSIDE: Sex up your winter PLUS: Here's how to fake it

NEW DIET & FITNESS

FOLLOW OUR SUPER-SEXY SIZZLING



CELEBRITY SURGERY SPY

Beyoncé

BEYONCE Knowles is looking better than ever. The 24-year-old pop diva is as famous for her delicious derriere as for her music.

But has the *Crazy In Love* star given her other assets a secret boost?

There are rumours flying that the pop diva, who goes out with rapper Jay-Z, 35, is boasting bigger breasts these days.

But has the sexy singer had a boob job, or could there be another reason for her impressive curves?

We ask the expert...

Expert's Verdict

MARY BURNETT, director of clinical services at Transform Medical Group, the UK's largest cosmetic surgery group (call 0500 202020 for inquiries):

"Beyoncé is a gorgeous looking young girl with fantastic genes."

"As she is still so young, there are no signs of ageing as yet either on her face or on her chest."

"It's easy to look fantastic with age on your side."

"I don't think she has had any cosmetic work done on her face or body – she doesn't need to – though no doubt she has regular facials to keep her skin looking great."

"There are none of the usual tell-tale signs of surgery on her chest, they're not unnaturally high or full."

"Beyoncé is a big dancer, and her breasts still move naturally and that's a big sign they are real."

"While her breasts do look full and rounded in the second photo, this can be achieved with good underwear, as every woman knows."

"She also has a fabulous figure, but her face and her body are very important to her career."

"She probably works very hard to keep herself trim."

Be in RUDE I

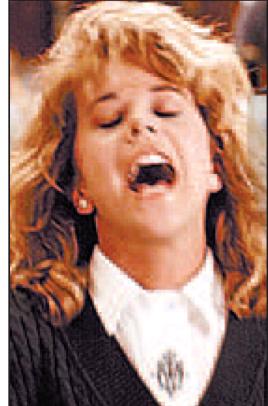


GRIN AND DARE IT

IT may be time for winter woollies and log fires, but that doesn't mean your sex life has to hibernate, too. Let's face it, with the nights drawing in, there's every excuse to spend more time in the bedroom. And there are plenty of fun ways to warm up on chilly winter evenings. So reach for your sauciest of skimpies and turn up the heat in the boudoir with KATE JACKSON's ultimate good sex guide...



THE 'WHEN I MET SALLY'



★ OK, so you think your sex life is good because you do it four times a week.

But if it's only ever in the missionary position in your bed, things are going to get very boring – very quickly.

So try varying the places and positions to add that extra bit of sparkle.

★ Surprise your man by dressing up as his favourite fantasy, or greet him in just your sexiest undies when he comes

round your place. Ann Summers shops are great for inspiration and sell loads of outfits at fairly reasonable prices.

★ And, of course, they sell plenty of accessories to help you on your way, from handcuffs and body chocolate to vibrators. There are stores nationwide (0845 456 2320) or you can buy online at www.annsummers.com.

Don't take things too seriously – there's a load of fun games

you can buy, from love dice to Kama Sutra playing cards.

★ Make sure you take a look at www.lovehoney.co.uk for some naughty inspiration.

As far as places go, try whisking your lover off for a dirty weekend in a country cottage or a romantic city break.

★ If you're feeling really fruity, a little outdoor nookie will always get the pulse racing. Don't let the weather put you off – you'll soon get warmed up.

GET OILED UP

DON'T just dive straight in – giving your partner a sexy massage will get them in the mood and have them panting for more.

The key is preparation. The experts suggest lighting some scented candles, putting on a romantic CD and fluffing up some soft pillows.

You will also need some massage oil but remember oil will erode latex condoms.

Start by lightly stroking your partner's body with the tips of your fingers. Take your time and don't rush. If you do, then you're wasting your time and a great opportunity into the bargain. Move from one area of your partner's body to another, covering every inch.

Once your partner is completely relaxed – not asleep – begin the sensual massage by pouring about two tablespoons of massage oil into your



hands and then rub them together until the oil is warm. Make long, gliding strokes over your partner's body making sure you check with them that the pressure's ok.

Switch to deep strokes, using your body weight rather than your arm strength but remember to be gentle – this isn't WWF wrestling!

And just watch as your partner enjoys it all. The above tips are from www.durex.com.

FOOD OF LOVE

CHAMPAGNE and oysters are meant to get the love juices flowing, but there are loads of other aphrodisiac foods around.

Pumpkin seeds, crumbly cheese and figs are all good sources of zinc, needed for testosterone production. A lack of it can lead to impotence.

We all know chocolate can be just as good as sex – and scientists from Milan's San Raffaele Hospital have found that women who eat it daily indicated a higher level of sexual desire.

The reason may be the phenylethylamine content which causes levels of the body's endorphin, or happy hormone, to rise.

Vitamin E has been called the "sex vitamin", because it helps keep a healthy blood flow to the erogenous zones. Vitamin E-rich foods include wholewheat products, nuts, seeds and hemp oil.

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TIPS TO WARM UP WINTER NIGHTS

NEW Diet & Fitness

HEALTH

NELL TAKES IT SLOW IN BEDROOM

GORGEOUS Nell McAndrew has revealed she plans to have a great time trying to fall pregnant again. The blonde babe was forced to terminate her unborn baby last month, but says her ordeal hasn't put her off motherhood.

And fitness-mad Nell, 31, is adopting this sexy tip for making babies with husband Paul Hardcastle – it's quality not quantity in the bedroom.

"Everyone thinks that you need to have sex 24/7 to fall pregnant – even I did at one time," says Nell, who lives in Leeds with Paul, 36.

"But I've learned a different technique. The truth is that less is more and occasional sex is better. We've been trying that tactic, mainly because I'm working away more."

"But less is definitely more when you're making love to make babies. Setting the mood with candles and relaxing in a bubble bath before doing it is more effective than 100 attempts a night."

"And sex feels so different when you're doing it to conceive. It's more emotional, there's a bigger connection between you mentally, so it feels more special. You know it could be the moment that changes your life forever."

Just over a month ago, Nell was basking in the joy of falling pregnant for the first time. But five days after she told the world her happy news, a scan showed that the foetus was having problems and would not survive.

Nell was told that her only option was a termination – a heartbreaking decision for the woman who had been planning children for months.

But her fighting spirit is inspiring. "I'm a positive person and strongly believe that things happen for a reason," she says.

"This baby just wasn't meant to be. Everything that happens in life makes you stronger and you've got to use the experience to build more strength. My mum had two miscarriages and then she had me – third time lucky."

"We've got to leave it a couple of months before we try again. If it happens by accident, it happens, but the doctors like your body to recover and for you to be mentally better."

"It's exciting to think forward to starting a family. At least I know I can get pregnant and we'll keep trying until it happens. Back to the drawing board, back to the fun bit!"

Nell is currently promoting the new Virgin Mobile pay monthly contract.

5. Lubricate: This helps to make sex more pleasurable and prevents you from getting painful (and potentially infecting) tears and cuts.

The above tips are taken from Cosmopolitan: Happy Healthy And Sexy, by Lisa Sussman, (published by Collins, £16.99).



SWELL NELL: The sexy model says she is looking forward to trying for a baby again

HOT

HEALTHY PARTY FOOD: Christmas parties don't need to be a nightmare for dieters. Quorn has brought out a healthy new nibble range.

The Quorn Mini Bites Party Pack includes mini-sausages and Quorn balls – with less than 5% fat and 120 calories per 100g – for just £2.99.

CHOCOLATE CHOICES: Tchibo has brought out a new range of chocies to suit indecisive types.

The box contains choccs with a choice of 42%, 54% and 71% cocoa. GI fans will be pleased to know the 71% cocoa is even allowed on their diet.

PROBIOTIC DRINKS: A Swedish study showed that workers who slip probiotic yoghurt drinks – such as Yakult and Muller Vitality – have a better immune system and take fewer days off sick.

GLOSSY LOCKS: Give your hair a treat with Tigi's Chocolate Head Massive Hair Repair Treatment. It costs about £10.50 but will last for ages. Available from Boots.

WHAT'S IN & WHAT'S OUT

TRAVEL: Experts have warned there could be a ban on air travel if bird flu starts spreading between humans.

British Airways has already equipped its planes with surgical masks, gloves and protective goggles.

HAIR STRAIGHTENERS: We never thought we'd say it, but it's time to banish those ceramic straighteners.

Poker-straight hair is not only on the way out, but it's becoming associated with chav fashion. This season, it's all about curls.

SAFER CIGS: The tobacco industry's plans to use a new filter to create a safer cigarette have been rubbished by Action on Smoking and Health. Despite claims it could lead to a 90% cut in the risk of cancer, ASH says any sort of smoking is harmful.

WOMEN DRINKERS: Binges mean teen girls are suffering the kind of serious liver damage found in older women.

COLD

BRITS have voted sex in the back seat of a car as their favourite place to get intimate.

According to a new global survey by Durex, 52% of us like steaming up the windows in our own lovemobiles.

Greeks are the hottest lovers, boasting of having sex an average of 138 times a year. Croatians are next on the list, followed by people in Serbia and Montenegro and

Bulgaria. Brits came out seventh, with a average of 118 bonks a year.

Feel sorry for the Japanese, though. They only get it 45 times a year,

putting them at the bottom of the list.

The average adult in the UK has around 10 sexual partners in their lifetime, while the randy Turks have the most with an average of 14.

But the good news is that half of us Brits are happy with our sex lives.

NEW DIET & FITNESS

GET YOURSELF A SKINFUL OF BODY ART

Tattoo YOU

FORGET sparkly accessories and trendy jewellery - the latest way to jazz up an outfit is to add a tattoo.

But don't worry, we're not suggesting you go under the needle. The latest craze is to paint your own temporary design and create an unusual but washable piece of body art.

And you don't even need to go to a specialist salon - you can create your own designs at home.

All you need is a stencil, body paint, coloured eyeshadow and some hairspray and you'll be

able to create the perfect piece of art.

So even if you don't fancy inking yourself up like David Beckham, 30, you can still enjoy being a rebel.

Follow LINDA HARRISON's step-by-step guide to getting that individual but temporary look.



TATT TRICK:
Beckham's
body paint

1 Choose a pattern: We used specially-made temporary tattoo stencils to put the design on to the body of our model Michelle.

They come in a range of different designs, cost between £2.50 and £6 and can be re-used. If you're a bit of an artist, then you could always make your own stencil. Simply draw a design on to a piece of acetate and use a scalpel to cut out the pieces.

You can also buy ready-made stencils from art shops or DIY firms like B&Q.

2 Painting your design: Press the stencil onto dry skin.

Using special tattoo inks, squeeze a little on the tip of the pen and gently dab onto the skin through the stencil.

If you don't have tattoo ink, you can also experiment with eye shadow colours.

Simply brush on to the stencil and fix in place with hairspray.

The best eye shadows to use are plain ones with lots of pigment and absolutely no shimmer.

Try Kryolan Aquacolor Wet Make-up, £3.95 for 15ml.

3 Tatt's your lot: Wait until the colours have dried then gently pull the stencil away from the skin, being careful not to smudge the design. The 'tattoo' should last two to three days.

Another good tip is to use an ornate button or strip of lace. Dip it into the ink or a pot of Dermacolor Camouflage Cream in black.

Then press it straight on to the body to create an ethnic design.



Pictures:
JEANY SAVAGE
Model:
Michelle Clack

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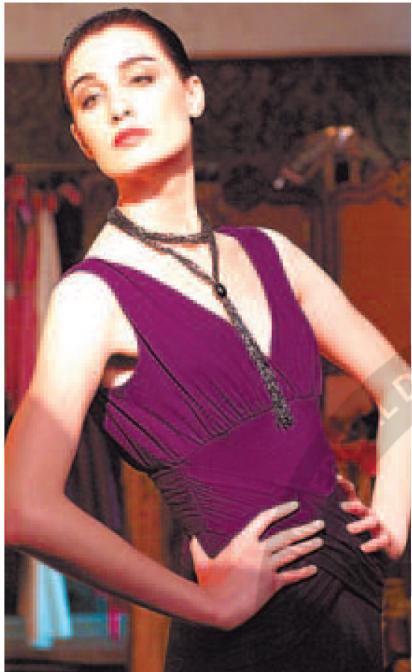
STENCIL US IN: Model Michelle shows how easy it is to create unique but temporary body art

Tattoo stencil kits are available from www.facepaintingdesigns.co.uk or call 01454 856572

SPICY FOR STORE WITH THE RED HOT FIGURES

Marks get in the swing...

BIRD OF A FEATHER:
Marks' Adored lace bra (£20)
and shortie (£12).
Right, Erin O'Connor in
one of the show-stopping
Xmas outfits, also seen
left and below



ON A ROLL:
Marks' Truly You red and
black bra (£25) and
short (£14)

THINGS are looking their best ever for Marks & Spencer after a jump in profits yesterday. And the balance sheet isn't the only thing that'll be turning their rivals green with envy.

Check out Marks' Christmas ad, guaranteed to get anyone's temperature rising on a winter's night. It's a treat to the eye as scantily-clad models and glamorous showgirls vie for your attention. The advert – set backstage at a theatre –

By CLARE TAYLOR

features the very best of M&S's Xmas offerings.

From stylish winter coats and glitzy accessories to luscious lingerie, there's something to tickle everyone's fancy.

The gorgeous and very leggy supermodel Erin O'Connor stars in 40 seconds of air-time you won't forget in a hurry. Erin, 26,

appears diva-esque in a show-stopping purple evening gown, leading a stellar cast of beauties in the season's chicest gear.

The lingerie is surely some of M&S's best. Pieces from the Truly You range are available in deep seasonal reds. Other showstoppers include burlesque-style shorties and basques.

All that primping, preening and shimmying into fabulous clobber pays off as the curtain rises on

Christmas. And for Marks – after a 20% jump in profits in the last six months – the season is sure to be one of their best.

Because, despite the gorgeous girls, it's really the clothes that take centre stage.

Their collections have never been so strong in terms of style and quality. From the Limited Collection to Per Una Due, Autograph and their mainline collection, M&S have really stepped up to the challenge of

dressing the nation in increasingly chic and unique ways.

This Christmas campaign is just another way of showing us how far they've come in terms of style and substance.

Gone is the frumpy middle-aged, middle-market appeal. This is M&S for a new generation of fashion-savvy shoppers. And this slick, saucy and ultimately sexy ad is where their future's at.

It's The Business: Page 39

Stockist enquiries: 0845 302 1234 www.marksandspencer.com

TV GUIDE
BBC One

6.00 Breakfast (T) 23386118
9.15 Uncharted Territory
 A couple go property hunting in Bolu, northern Turkey. (T) 7182489
10.00 Homes Under The Hammer
 Properties in Wiltshire, Devon and Stoke-on-Trent. (T) Followed by BBC News, (T) Weather 67625
11.00 Trading Up (T) 6118
11.30 Car Booty (R,T) Followed by BBC News, (T) Weather 7847
12.00 Cash In The Attic Raising money for a hi-tech TV. (T) 26731
1.00 BBC News, (T)
 Weather 58977
1.30 Local News, (T)
 Weather 4126966
1.40 Neighbours Connor tries to resist temptation. (T) 54269083
2.05 Doctors Friend tries to help a struggling family. (T) 1592731
2.35 Diagnosis Murder A priest is accused of murder. (R,T) 5624557
3.20 BBC News, (T) Local News, Weather 1199606
3.25 CBBC: Lazy Town (R,T) 3877977 3.50 Watch My Chops (R,T) 9847996 4.05 Best Of Friends (T) 2972064 4.30 Patrick's Planet (T) 422 5.00 Blue Peter (T) 7485712
5.25 Newsround (T) 7988809
5.35 Neighbours (R,T) 444083
6.00 BBC News (T) 915
6.30 Local News Programmes, (T) Weather 267



ROAD RAGE SCHOOL:
 Dr Lisa Dorn passes final judgment on her students, 7pm

BBC Two

6.00 Close 98644 7.00 CBBC: Watch My Chops (R,T) 2799985 7.25 Raven (R,T) 9549462 7.55 Newsround (T) 2882170 8.00 The Really Wild Show (R,T) 88625 8.30 CBeebies, CBeebies Birthdays 3201712 8.35 Lazy Town (T) 5741441 9.00 Pingu (R) 1366354 9.05 Clifford's Puppy Days (T) 3319199 9.25 Something Special (R,T) 7255070 9.40 Tweenies (R,T) 4140151 10.00 FILM: The Story Of Vernon And Irene Castle 1939 (U) Musical biopic of the famous Twenties dancers. Fred Astaire and Ginger Rogers star. (T) 14373
11.30 The Daily Politics (T) 82660
1.00 The House Detectives
 The team explore a regal seafront abode in Brighton. (R,T) 89847
1.30 Working Lunch (T) 11809
2.00 Property People (T) 8977
2.30 Garden Invaders (T) 828
3.00 Castle In The Country More treasures are unearthed within the grounds of Castle Howard. (T) 3192
3.30 Flog It! Paul Martin presents from Leamington Spa. (T) 88712
4.30 Ready, Steady, Cook
 With chefs Ed Baines and Antony Worrall Thompson. (T) 1454847
5.15 Weakest Link Quiz, hosted by Anne Robinson. (R,T) 9251915
6.00 Eggheads Quiz show, hosted by Dermot Murnaghan. (T) 557
6.30 Strictly Come Dancing – It Takes Two Fanzine. (T) 809



SCANDAL:
 Stories of people who hit the headlines for the wrong reasons, including Lord Lucan, 9.50pm

ITV1

5.30 ITV News (T) 18996
6.00 GMTV (T) 2711278
9.25 The Jeremy Kyle Show Talk show in which Jeremy Kyle invites guests to air their differences in front of a studio audience. (T) 7846915
10.30 This Morning More from Fern Britton's cycle ride along the Nile, plus the final heat of Britain's Craftiest, and cooking tips from celebrity chefs Lesley Waters and Gino D'Acampo. (T) 96267
12.30 ITV News (T) 40064
1.30 Today With Des And Mel
 Veteran comedy writer and performer Eric Sykes drops in for a chat with his namesake Melanie and her co-presenter Des O'Connor. (T) 41793
2.30 Our New Life In Everwood
 Nina is discovered to be a surrogate mother for a woman in her mid-fifties and ostracised by the townfolk, while Delia attempts to befriend the school bully. (T) 32165
3.29 Local Weather 1116373
3.30 CITV: Pocoyo (T) 9838248
3.40 SpongeBob SquarePants 9841213 3.55 Potatoes And Dragons (R,T) 4458354 4.05 Art Attack. Hosted by Neil Buchanan. (T) 2990460 4.30 My Parents Are Aliens. (T) 118
5.00 The Paul O'Grady Show
 Daily entertainment show. (T) 8118
6.00 Local News, (T) Weather 593
6.30 ITV News, (T) Weather 335



THE BOURNE IDENTITY:
 Clive Owen is the assassin hunting Matt Damon, 9pm

Channel 4

6.00 Cubezz (T) 5111606
6.10 The Hoobs (R,T) 2107847
6.35 The Hoobs (R,T) 3853489
7.00 BA 75644
7.30 Friends (R,T) 54151
8.00 Just Shoot Me (T) 71793
8.30 Will & Grace (R,T) 5744538
8.55 Frasier (R,T) 7693809
9.25 3 Minute Wonder: Self Portraits (R,T) 1370557
9.30 The Deadly Knowledge Show (T) 8669373
9.55 Hardeep Does (R,T) 4154354
10.20 Bricking It (R,T) 3896354
11.10 The Market (R,T) 8902267
11.35 From The Top (R,T) 7204557
12.00 News At Noon (T) 74880
12.30 Coach Trip The group arrive in Barcelona. (R,T) 73426
1.00 FILM: Raid On Entebbe 1976 (PG) Fact-based drama, recounting the Israeli raid on Entebbe airport, where more than 100 passengers were held hostage on an airliner. Horst Buchholz stars. (T) 260625
3.30 Countdown Words and numbers game. (T) 2225199
4.15 Deal Or No Deal Game show with Noel Edmonds. (T) 3907915
5.00 Richard & Judy Derek Acorah chats about his new project. (T) 9460
6.00 The Simpsons Marge pines for some romance in her life. (R,T) 625
6.30 Hollyoaks Justin finally confesses his love for Becca. (T) 977



JAMIE'S GREAT ESCAPE:
 The chef lives off the land and hunts for wild boar, 8.30pm

Five

6.00 Milkshake! Titch (R)
 53320064 6.10 Old Bear Stories (R)
 53344644 6.20 Franny's Feet (R)
 53240828 6.30 Rolie Polie Olie (R)
 2249538 7.00 Funky Valley (R)
 8558335 7.05 Bird Bath 9973199
7.15 Roobarb And Custard Too (R,T)
 9962083 7.25 The Adventures Of Bottle Top Bill And His Best Friend Corky (R) 5723688 7.45 Make Way For Noddy (R) 1270373 8.00 Fifi And The Flowerots (R) 9642880 8.15 Peppa Pig (R) 3400373 8.25 Miss Spider's Sunny Patch Friends (R)
 9652267 8.45 Hi-5 (R,T) 1211489
9.20 MechaNick (R) 2995199
9.25 The Wright Stuff With comedian Al Murray. (T) 9313793
10.30 Trisha Goddard (T) 3275793
11.30 Five News (T) 6587267
12.00 Home And Away Morag's informant disappears. (R,T) 6293606
12.30 BrainTeaser 3286809
1.30 FILM: As Time Runs Out 1999 (PG) Crime drama, starring Powers Boothe. (T) Followed by Five News Update (T) 7046248
3.30 FILM: As Time Runs Out 1999 (PG) Thriller, starring Stephen Collins. (T) 3485880
5.30 Five News (T) 8649002
6.00 Home And Away Henry uncovers Diesel's secret. (T) 8646915
6.30 Family Affairs Marc regrets sleeping with Yasmin. (T) 8632767



ROMY AND MICHELE'S HIGH SCHOOL REUNION:
 Two friends make up new lives, 9pm

7 PM

7.00 Road Rage School
 The drivers face their final test. Last in series. (T) 4151
7.30 Seaside Rescue
 The lifeguards search for missing children on the crowded Newquay beach. (R,T) 151

8 PM

8.00 What Not To Wear
 The stylists turn their attention to men in the throes of a mid-life crisis. The girls wade through leather trousers, ponytails and fake tans to find the two most hopeless subjects. (T) 6606

9 PM

9.00 Shops, Robbers And Videotape Police clamp down on thieves in Sheffield, stealing to fund their drug habits. A man is caught for taking indecent photos with his mobile phone and a raid is staged on a pub. (T) 9170

10 PM

10.00 BBC News (T) 99199
10.30 Local News, (T) Weather 579660
10.35 The National Lottery: Midweek Draws (T) 929101
10.40 Drama Connections The making of I, Claudius. Last in series. (T) Followed by National Lottery Update 401660

11 PM

11.10 FILM: Family Business 1989 (15) Comedy drama, starring Sean Connery and Dustin Hoffman (T) Followed by Weatherview 359267

12 midnight

1.05 Sign Zone: Beyond Boundaries (R,T) 9169774 2.05 Sign Zone: Horizon (R,T) 7052497 2.55 Sign Zone: Spending Other People's Money (R,T) 7888671 3.25-6.00 BBC News 24: Through the night. 74669010

7.00 Underworld Art Deal The operation to recover two Turner paintings stolen while on loan to an exhibition. (T) 2793
7.30 Rough Science The team are challenged to tackle environmental hazards. (T) 793

8.00 Natural World Rom Whitaker's mission to set up the first king cobra sanctuary in a bid to save the dwindling species of snake. (T) 766335
8.50 Deer In The City The lives of a pair of roe deer residing in a Scottish cemetery. (T) 359422

9.00 Rome Pompey makes the unusual tactical move of abandoning Rome to Caesar. (T) 953335

9.50 Scandal Tales of people who hit the headlines for all the wrong reasons. (T) 601538

10.20 What The Romans Did For Us Adam Hart-Davis provides an insight into what life was like for Roman troops stationed on Hadrian's Wall. (R,T) 647625
10.30 Newsnight (T) 522880

11.20 BBC Four Or BBC Two: Family Ties An artist uncovers his ancestry. (T) 188625

11.50 BBC Four Or BBC Two: Family Ties A woman uncovers her grandmother's bigamous marriage. (T) 799915

12.20 BBC News 24 750328 2.00 BBC Learning Zone: Key Stage Three: Bitesize Revision – Maths Three (T) 85233 4.00-6.00 The Maths Channel (T) 51749

7.00 Emmerdale Sadie's ploy succeeds when an old face from Kelly's past humiliates her in front of Jimmy. (T) 9847
7.30 Coronation Street It's the end of an era as Martin leaves the Street for a new life. (T) 847

8.00 The Bill Gina Gold gets a warm welcome back at Sun Hill, but Sheelagh Murphy has a crisis of confidence as she reports for duty following the death of fiancé David Kent. Phil Hunter faces an armed eight-year-old. (T) 4002

9.00 FILM: The Bourne Identity 2002 (12) Premiere. A man suffering from amnesia after being rescued from drowning is targeted by assassins as he tries to discover his identity. Thriller, starring Matt Damon. Continues after the news. (T) 2151

10.30 ITV News, (T) Weather 93915

11.00 FILM: The Bourne Identity 2002 (12) Concluded. (T) 120606

11.50 Orange Playlist Yoko Ono selects her favourite tracks. (T) 786441

12.20 The Jules And Lulu Show (T) 1088720 12.45 Cduk Hotshots (T) Followed by ITV News 6599836
1.10 FILM: Vertigo 1958 (PG) Taut Hitchcock thriller, James Stewart stars. (T) 4990039 3.20 Revolver: Movie Premiere Special (R,T) 46763381 3.50 World Sport (R,T) 65495478 4.10-5.30 ITV Nightscreen 1610590

7.00 Channel 4 News Including sport and weather. (T) 699354
7.55 3 Minute Wonder You Never Listen, a short film about an eight-year-old girl who runs away. (T) 947147

8.00 The View From River Cottage Hugh Fearnley-Whittingstall looks back at his self-sufficiency experiment. (T) 3809
8.30 Jamie's Great Escape Jamie Oliver heads north to stay with a family of hunters. (T) 5644

9.00 Grand Designs Kevin McCloud meets Julie and Mark Vesey, whose vision is a Miami-style beach house overlooking the south Devon coast. The ambitious house is to be built on a budget of £200,000. (T) 7027064

10.05 Lost Claire returns safely, although Charlie is disappointed she does not remember him. An embittered Ethan threatens to kill the survivors one by one if his captive is not returned. (T) 577170
11.05 World's Greatest Gigs Countdown of the 20 seminal gigs of all time. (T) 615809

12.15 Jimi Hendrix: The Road To Woodstock (T) 1103855 1.25 Freesports On 4 7975774 1.55 Freesports On 4 4797590 2.25 FIVB World Beach Volleyball 7049923 3.20 Transworld Sport (R,T) 2416565 4.10 Zero To Hero (R,T) 5318923 5.10-5.55 Countdown (R,T) 7884768

10.55 MacIntyre's Toughest Towns Criminal activity in Manchester. (R,T) 4414480

11.25 When Sex Becomes An Addiction Documentary exploring the truth about the phenomenon of sex addiction. As computer technology increases availability, the Internet has become the modern generation's crack cocaine. (T) 4068642
12.25 The Gadget Show (R,T) 6326958 1.10 NASCAR 3112577 2.00 ITU Triathlon 6213497 2.50 Golf 5701887 3.40 NASCAR 7498768 4.30 Race And Rally UK 48626590 4.55 Argentinian Football Highlights 3821519 5.30-6.00 Portuguese Football 9479233

(T) TELETEXT SUBTITLES (R) REPEAT

DAILY STAR **TV GUIDE**

Sky One

5.10 Pokemon (R) 219337
5.35 Stargate: Infinity Stacey injures an alien spider. (R,T) 981249
6.00 Pokemon (R) 52541
6.30 Stargate: Infinity (R,T) 91118
7.00 Yu-Gi-Oh! (R) 95422
7.30 Zoids (R) 14557
8.00 The Dog Whisperer (R) 48489
8.30 Entertainment Tonight US Entertainment news. (R) 30460
9.00 Taste (R) 71489
10.00 Buffy The Vampire Slayer Buffy battles a giant praying mantis disguised as a teacher. (R,T) 92511
11.00 Star Trek: Deep Space Nine See 4.00pm for details. (R,T) 90977
12.00 The Dog Whisperer 18248
12.30 Cruise With Stelios Insight into life aboard easyCruiseOne, the first low-cost liner. 67002
1.00 Taste Food programme. 62557
2.00 Law & Order McCoy and Southerlyn work on a case of a man's murder at a nightclub. (R) 83199
3.00 Buffy The Vampire Slayer Buffy dates a boy attracted to her exciting lifestyle. (R,T) 57151
4.00 Star Trek: Deep Space Nine Bashir and O'Brien lure Sloan back to the station. (R,T) 76286
5.00 Star Trek: Voyager The crew find a quick way home. (R,T) 3828
6.00 Futurama (R,T) 8002
6.30 Malcolm In The Middle (R,T) 9354



SGT BILKO:
Steve Martin stars in this big-screen version of the classic Fifties TV comedy series, 9pm

7.00 The Simpsons The family are brainwashed by a religious cult. (R,T) 4557
7.30 The Simpsons Krusty's ancient jokes and politically incorrect impressions go down like a lead balloon at a charity comedy festival. (R,T) 5538

8.00 Stargate Atlantis McKay is rescued from a Wraith ship along with a security officer, but an unforeseen technical malfunction causes a serious problem. (T) 92712

9.00 FILM: Sgt Bilko 1996 (PG) The scheming sergeant attempts to save his base from the hands of a ruthless old rival. Comedy based on the Fifties TV series, starring Steve Martin. 98663809

10.45 Road Wars The Proactive Squad from Thames Valley Police use unmarked cars fitted with on-board video cameras to give an intriguing insight into vehicle crime and how it can be prevented. 73427

11.45 Star Trek: Voyager Celebrations are the order of the day as the weary crew finally find a quick way home – but Seven of Nine believes their apparent good fortune hides a dark secret. (R,T) 723151

12.45 Angel (R,T) 680316 **1.45** Law & Order (R) 1711107 **2.40** Alias (R,T) 821045 **3.30** Entertainment Tonight US 42079565 **3.55** Gamezville (R) 6892478 **4.45** Zoids (R) 76609652



CORONATION STREET: ITV1, 7.30pm

ALAN FRANK'S TELLY MOVIES

STAR RATINGS

****Don't miss it. ***Good **Average *Time filler "Garbage!"

THE STORY OF VERNON AND IRENE CASTLE (1939) b/w **** BBC-2 10.00-11.30pm. Fact-based musical. Fred Astaire and Ginger Rogers play the married popular dance duo who rose to become world-famous stars early in the 20th century.

RAID ON ENTEBBE (1976) **** C4 1.00-3.30pm. Fact-based drama. Israeli commandos make a daring assault on Uganda's Entebbe Airport in Uganda to rescue of airline passengers being held hostage by terrorists.

A CRIME OF PASSION (TVM, 1999) *** Five 1.30-3.30pm. Thriller. When a rich doctor marries a much younger woman, his two daughters are not exactly welcoming. The newlyweds become suspicious of each other and finally murder takes place.

AS TIME RUNS OUT (TVM, 1999) *** Five 3.30-5.30pm. Thriller. Stephen Collins' young son Emmett is abducted by an ex-employee who holds him in a booby-trapped room and when the kidnapper is killed, a frantic race ensues to save the youngster.

THE BOURNE IDENTITY (2002) **** ITV 9.00-11.15pm. Thriller. Matt Damon suffers from amnesia after being rescued from drowning and is then targeted by killers while he faces further danger trying to find out his identity and discovering he has a murky past.

ROMY AND MICHELLE'S HIGH SCHOOL REUNION (1997) *** Five 9.00-10.55pm. Comedy. Mira Sorvino and Lisa Kudrow land up with comic problems because they invent thriving lives for themselves when they attend a high school reunion.

FAMILY BUSINESS (1989) *** BBC1 11.10pm-1.05am. Comedy. Three generations of a New York crime family become caught up in a robbery with goes badly wrong – with unfortunate consequences.

VERTIGO (1958) **** ITV 1.10-3.20am. Hitchcock thriller. Cop-turned-private detective James Stewart, who suffers from a crippling fear of heights, finds himself drawn into a web of intrigue and mystery when he falls obsessively in love with a woman he is hired to follow. Co-starring Kim Novak.

REGIONAL VARIATIONS

BBC1 Variations WALES: **6.30-7.00** Regional News 267 10.00-11.30pm **11.30** BBC1 Wales Connections 198022 11.40 Film: Far From Home 232286 1.30 Weatherview 8002855 1.35 Sign Zone: The Queen's Cavalry 8304749

BBC2 Variations WALES: **11.30** AMPM 82660 7.00 Garden School 2793 **11.20** Underworld Art Deal 188625 **12.20** BBC Four On BBC Two: Family Ties 9488774 **12.50** BBC News 24 2660381 **1.20** Local News 533 **3.45** BBC2 Weather 198022 **3.55** Winter Weather 116373 **6.00** Local News 593 ITV1 MERSEY: **3.29** Merseyland Weather 116373 **6.00** Local News 593 ITV1 CHANNEL 1 **1.20** **1.30** Puffin's Playhouse: Including cartoon fun with Jersey Royals. 1979909 **6.00** Local News, Weather 531199 **6.20** Winter Weather: The Weatherman **6.30** Weather 198022 **6.45** Weather 116373 **7.20** West Weather 116373 **6.00** Local News 593 ITV1 WEST: **3.29** Crash Course **3.29** ITV Wales Weather 116373 **6.00** Local News, Weather 593 ITV1 WESTCOUNTRY: **3.29** Westcountry Weather 116373 **6.00** Local News 593

S4C As C4 except: **9.00** Frasier 92864828 **9.25** Ysgolion Followed by Frontline 92843335 **9.50** The Death Of A Hedgehog 1979909 **10.15** The Sun 92843335 **10.40** Bridget Jones' Diary 15477118 **11.30** BitSize Bioleg 80283557 **12.30** Planed Plant Bach 66790170 **1.15** Water Stories 39597249 **1.20** A Place In The Sun 91836809 **2.25** Deal Or No Deal 19263333 **3.15** Countdown 11289460 **4.20** The Big Assisted Living 80283557 **4.30** Round The Twist 12489460 **5.00** Weather 1172977 **7.30** Weather 198022 **7.45** Weather 12489460 **8.00** Pobol Y Cwm 95162248 **8.25** Cupwyrdd Dilid **9.00** 04 Wales 80362064 **9.30** A-Y Ceiddw Dant 51170070 **9.40** Sian Goff 53742118 **10.10** Jamie's Great Escape 86027710 **10.40** Lost 93614441 **11.40** Make Me A Man 1979909 **12.40** Dispatches 37188542 **14.00** Film: Kuch Na Kaho 51800584

MIKE WARD

WHAT'S HOT TO WATCH TODAY



DID you know that CORONATION STREET actor Sean Wilson could easily have ended up being Kevin Webster? Or even Terry Duckworth? He auditioned for both parts before eventually landing the role of Martin Platt, making his first appearance in the Street on January 28, 1985. Amazing, eh? Well, amazing-ish.

Anyway, I mention this fascinating piece of trivia purely because tonight's episode (ITV1, 7.30pm) sees an emotional Martin kissing goodbye, after an action-packed 20 years, to his beloved cobbles, an experience which, let's face it, rarely fails to

bring a tear to the eye. The big question, of course, is whether or not his son, David The Devil Child, will stop sulking for long enough to come and see him off, bearing in mind how hacked off he is about Martin's decision to start a new life with Robyn in Liverpool.

As it stands, it looks as though Martin's pal Kev will be the only bloke turning up to say goodbye, the rest of the gathering consisting of Audrey, Sarah, Bethany and, rather touchingly, the three surviving women Martin has most recently bedded – namely, ex-wife Gail, brief fling Silly Sally and Robyn herself.

Katy, of course, is otherwise detained, while nurse Rebecca vanished from Soapland some while back, having stopped off in Walford for a brief stint as Mrs Potatohead.

ELSEWHERE tonight, Jamie Oliver turns killer in **JAMIE'S GREAT ITALIAN ESCAPE** (Channel 4, 8.30pm). The latest leg of his Italian tour takes him into the mountains to stay with a family of hunters and learn about how they traditionally cook. Which is great, until it turns out that the way these people obtain fresh lamb for the family meal doesn't involve nipping down to Sainsbury's.

3 MONTHS. 5000 TEETH.



1 VERY WORN OUT BRUSH HEAD.

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STAR TV GUIDE

MATT BAYLIS

...ON LAST NIGHT'S TV

SAYING "I love you" can sometimes be a bad move, as was evident in last night's **REAL FAMILIES** documentary – **MY HUSBAND'S SECRET LIFE** (ITV1). It told of four marriages blown apart by a shock revelation.

When Matt said those words to Sarah 18 months ago, her first thought was he must be having an affair. She wasn't wrong. But it was with another man. After many tears, they are slowly rebuilding their friendship.

Matt lives a few streets away, and they both take care of their daughter. Sarah was even able to joke about it now. She remembered that, during the preparations for their wedding, Matt had changed his outfit twice, and had spent more time planning the details than the average straight bloke

right. At the time, she didn't think anything of it. "But I'm getting a lot better at spotting them now..."

Other relationships had survived the experience of a husband coming out. Dave and Sam still lived together, cared for their two kids, and were like man and wife in all but one department.

Envy

Neither had found another partner – which might have been due to their unusual domestic arrangement. But it might also have been because they still loved one another, and didn't really have space for someone else in their lives.

Vijay, 56, had not managed to keep things

so friendly with his wife – indeed there were some members of his family who still didn't know the truth. But he had the sort of close relationship with his eldest daughter Radha that all fathers would envy.

"He's still dad," Radha said. She'd nagged him to go to the Gay Pride celebrations, on the grounds that it wasn't much use coming out if he was just going to sit in his house and be gay on his own. It was clear that, in every case, the men's revelations had made a big domestic mess. But it was also obvious that none of the men would have married if they hadn't grown up feeling ashamed of being gay, and tried to convince themselves they weren't. If wives and daughters can cope with it, the rest of society should, too.

FILMS

SKY MOVIES 1

- 6.00am **A Touch Of Fate (2001)** (PG) Drama, starring Teri Hatcher. 11267
- 8.00 **Sky Movies News** 31199
- 8.30 **Eve's Christmas (2004)** (PG) Premiere. Emotional drama. 72282731
- 10.15 **You Got Served (2004)** (PG) Hip-hop musical. 20371267
- 12.00noon **Johnny English (2003)** (PG) James Bond spoof. 26441
- 1.30 **The Patron Saint Of Liars (1997)** (PG) Emotional drama, starring 23590967
- 3.05 **Eve's Christmas (2004)** (PG) Emotional drama. 6983538
- 4.45 **You Got Served (2004)** (PG) Hip-hop musical. 22718444
- 6.25 **The Patron Saint Of Liars (1997)** (PG) Emotional drama, starring Ellen Burstyn. 22729625
- 8.00 **Johnny English (2003)** (PG) James Bond spoof, starring Rowan Atkinson. 12248
- 9.30 **Great Beginnings At 8 & 9** Classic opening scenes. 47248
- 10.00 **The Last Samurai (2003)** (15) Acclaimed period drama, starring Tom Cruise. 94821847
- 12.35am **Broken Lizard's Club Dread (2004)** (15) Riotous spoof horror, starring Jay Chandrasekhar. 726836
- 2.20 **The Truth About Charlie (2002)** (12) Thriller. 730294
- 4.10-6.00 **A Touch Of Fate (2001)** (PG) Drama with Teri Hatcher. 741836

SKY MOVIES 2

- 6.35am **Balto 3: Wings Of Change (2004)** (U) Animation. 4597847
- 8.05 **Splitsville (1998)** (PG) Comedy. 38034809
- 8.40 **The Meeksville Ghost (2000)** (PG) Adventure. 67144847
- 11.15 **Honey (2003)** (PG) Drama. 86534422
- 12.55pm **Balto 3: Wings Of Change (2004)** (U) Animation. 9219557
- 2.25 **Splitsville (1998)** (PG) 547538
- 4.00 **The Meeksville Ghost (2000)** (PG) Family adventure. 32767462
- 5.50 **Great Beginnings At 8 & 9** Classic opening scenes. 978737
- 6.10 **Honey (2003)** (PG) Drama, starring Jessica Alba. 25973644
- 8.00 **Lost In Translation (2004)** (15) Acclaimed comedy drama, 98996
- 10.00 **The Chronicles Of Riddick (2004)** (15) Sci-fi sequel. 30805847
- 12.05am **Barbershop 2: Back In Business (2003)** (12) 209107
- 2.20 **No Good Deed (2003)** (15) Thriller. 979855
- 5.30 **7.05 The Meeksville Ghost (2000)** (PG) Adventure. 57255855

SKY CINEMA 1

- 6.00am **Chaplin Today: Modern Times** 5637644
- 6.40 **Holiday (1938)** (U) 16487408
- 8.25 **The Three Musketeers (1939)** (U) Drama. 86188915
- 9.40 **The Natural (1984)** (PG) Drama. 39244480
- 12.00noon **Chaplin Today: Modern Times** 5637644
- 12.35 **Holiday (1938)** (U) 90883034
- 2.20 **The Seven Little Foys (1955)** (U) Drama. 5215606
- 4.00 **The Three Musketeers (1939)** (U) Spirited musical. 75036644
- 5.20 **UK Top 10** 39609847
- 5.40 **The Natural (1984)** (PG) Emotional drama. 97257151
- 8.00 **Three Colours: Blue (1993)** (15) French drama. 33242460
- 9.40 **Kieslowski: The Cinema Lesson Three Colours trilogy** 8630489
- 10.15 **House Of Fools (2002)** (15) Black comedy. 4447644
- 12.10am **Gardens Of Stone (1987)** (15) Drama. 1639251
- 2.05 **They Came To Rob Las Vegas (1968)** (15) Thriller. 50820039
- 4.20 **6.00 The Seven Little Foys (1955)** (U) Drama. 81244003

Sky Box Office Digital movies can be ordered using the handset from the on-screen listings guide.

RADIO

Radio 1 (FM: 97.6-99.8 MHz)
 7.00 Chris Moyles. 10.00 Jo Whiley. **12.45 Newsbeat. 1.00 Colin And Edith. 4.00 Scott Mills. 7.00 Zane Lowe. 9.00 Bobby Friction And Nihal Presents. 11.00 One Music. 1.00 Trevor Nelson. 3.00 OneClick/Film. 4.00-7.00 Early Breakfast With JK And Joel. Radio 2 (FM: 88-90.2 MHz)
 6.00 Richard Allinson. 7.30 Wogan. 9.30 Keir Bruce. 12.00 Jeremy Vine. 2.00 Steve Wright. 5.05 Stuart Maconie. 7.00 Nick Barracough. 8.00 Mike Harding. 9.00 Reggae Show. 10.00 Classic Singles. 10.30 Mark Radcliffe. 12.00 Janice Long. 3.00 Alex Lester. Radio 5 Live (MW: 909, 693 kHz) 5.00 Morning Reports. 6.00 Breakfast. 9.00 Victoria Derbyshire. 11.55 Question Time. 12.30 News. 1.00 Simon Mayo. 4.00 Drive. 7.00 Sport. 10.00 6-6. 11.00 Anita Anand. 1.00 Up All Night. Virgin Radio (MW: 1215, 1197, 1242 kHz) 6.00 Pete & Geoff. 10.00 Russ Williams. 1.00 Neil Francis. 4.00 Martin Collins. 7.00 Vic Reeves. 10.00 Kelly. 1.00 Robin Burke. 4.00 John Osborne.**

SPORT

SKY SPORTS 1
Football League Sheffield Wednesday v Cardiff City (Kick-off 7.45pm). 186199 **10.00 You're On Sky Sports!** Grass-root comment. 51489 **11.00 Transworld Sport** Action and features from around the globe. 57286 **12.00midnight** J League Total Rugby 87942 **12.30** Football League 68126 **2.00** Total Rugby 32213 **2.30** You're On Sky Sports! 29590 **3.30-7.30** Live European Tour Golf The HSBC Champions Tournament. 7051126

SKY SPORTS 2

6.00am Aerobics Oz Style 4983064 **7.00 Aerobics Oz Style** 5516064 **7.30 Adrenaline Hunters** 5535199 **8.00 Women's Pool** 3209279 **9.00 Adrenaline Hunters** 1689625 **9.30 Spirit Of Yachting** 7016691 **10.00 New York Marathon** 5524083 **11.00 International Bowls** 2392793 **1.00pm** NHRA Hot Rods 1958462 **2.00 World Pool Masters** 4908373 **3.00 Fishing:**

Carp Show 9304793 **3.30** Football Asia 2042977 **4.00 New York Marathon** 7975267 **5.00 Women's Pool** 9328373 **6.00 Adrenaline Hunters** 2071489 **6.30 Fishing: Carp Show** 2055441 **7.00 Watersports World** Aquatic activities. Action from around the globe. 7051880 **9.00 World Of Golf** News from across the globe. 7071644 **10.00 Poker** Victor Chandler Cup. 7074731 **11.00 Women's Pool** US Open final. 5525712 **12.00midnight** Poker 4928346 **1.00 World Of Golf** 1774497 **2.00 European Tour** 2201855 **2.30 Women's Pool** 4047652 **3.30 Pool Masters** 4059497

SKY SPORTS 3

9.00ams Sports Unlimited 70979644 **10.00 Pool Masters** 28175083 **11.00 Racing News** 2372248 **11.30** Aerobics Oz Style 4983064 **12.00noon Sports** Unlimited 58101977 **1.00 Women's Pool** 58110625 **2.00 Adrenaline Hunters** 46378083 **2.30 Windsurfing** 63732373 **3.00 Sports Unlimited** 23727793 **4.00 Pool Masters** 23746828 **5.00 WWE: Heat** 46371170 **6.00 Rallyzone** 63724354 **7.00 Women's Pool** US Open final. 37112977 **8.00 Fishing: Carp Show** 46398847 **8.30 Total Rugby** Round-up of matches. 46377354 **9.00 WWE: Late Night - Raw** Action from the States. 37124712 **11.00 Transworld Sport** Action from around the globe. 28176712 **12.00midnight** Kiteboarding 70853652 **12.30 Rallyzone** 16170403 **1.00 Watersports World** 72382039

SKY SPORTS 4

ITV2

9.25am 60 Minute Makeover **10.25 Sally Jessy Raphael** **11.10 Judge Judy** **12.25pm Jeremy Kyle** **1.30** **Airline USA** 2.00 **Coronation Street** **2.30** **Emmerdale** 3.00 **Ricki Lake** **3.40** **Trisha** **4.55 Sally Jessy Raphael** **5.40** **Judge Judy** **7.00 3rd Rock From The Sun** **7.30 Spin City** **8.00** **The Xtra Factor**: 24/7. **9.00 My Teen's A Nightmare** - I'm Moving Out **10.00 Coronation Street** **10.30** **Mike Bassett: Manager** **11.00 Film:** Red Heat (1988) **18.10 1.05am** **Office Monkey** **1.30** **3rd Rock From The Sun** **1.55 Spin City** **2.20** **Ricki Lake**

ITV3

6.00am Survival **7.55** Quincy **8.55 Chicago Hope** **9.50 LA Law** **10.50** **The Practice** **11.45 Quincy** **12.45pm** **Chicago Hope** **1.40 LA Law** **2.40** **Practise** **3.40 Film File** **3.50** **Forever Green** **4.55 The Practice** **5.50 Film File** **6.00 LA Law** **7.00 Jeeves And Wooster** **8.00** **Pooh** **9.00 Number 10** **Foyles War** **12.00midnight** **The Bill** **1.00 Pooh** **2.05 Chicago Hope**

ITV4

6.00pm Department S **7.00** The Saint **8.00** First Wave **8.55 Movies Now** **9.00 LAPD: Life On The Beat** **10.50** **LAPD: Life On The Beat** **11.00** **Traffic: The Mini Series** **11.55** **The Late Show With David Letterman** **12.45am** **First Wave** **1.40 LAPD: Life On The Beat** **2.40 Teleshopping** **5.40 Nighscreeen**

BBC THREE

7.00pm News **7.30** Trauma **8.00** Spendaholics **9.00 Funland** **9.30** **Funland** **10.00** Film: Deep Impact (1998) **11.30** Desperate Midwives **12.20am** Desperate Midwives **12.50** Funland **1.20** Spendaholics **2.15** The Brothel **2.45** The Brothel **3.15** Desperate Midwives **3.45** Desperate Midwives

BBC FOUR

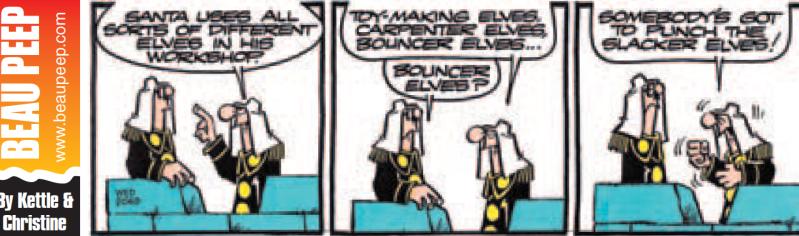
7.00pm Days That Shook The World **8.00** The World **9.00** Weather **8.30** Yes, Prime Minister **9.00** Can Dogs Smell Cancer? **10.00** House Of Cards **11.00** Drama Connections **11.30** Time Shift **12.00midnight** Dogs Smell Cancer? **1.00** Days That Shook The World **2.00** The Sky At Night **2.30** Time Shift **3.00** Can Dogs Smell Cancer?

MORE 4

12.20pm Richard & Judy **1.20** Countdown **2.10** Hill Street Blues **3.10** ER **4.10** Film: Cottage To Let (1941) **1.10** U.S. News **6.00** Time Team **7.00** Streets Ahead **8.00** News **8.30** Daily Show With Jon Stewart **9.00** 9/11: Out Of Status **10.00** The Unteachables **11.05** Last Word **11.40** The Sopranos **12.45am** ER **1.50** Streets Ahead **2.45** Hill Street Blues

televisionX (SKY 969)

10.00pm Freeview **10.10** Cream Pie 4 **10.30** Road Trip – London 5 **11.00** Freeview **11.10** Eat Me, Keep Me 3 **11.30** Majella Mates 2 **11.50** Au Pair **12.00midnight** Freeview **12.10** Deep And Dirty **12.30** Shaving Machine 4.0 North Pole 25 **2.50** University Counds 38 **4.10** Whatever Floats Your Boat



Just Jane



JANE O'GORMAN SOLVES
YOUR PROBLEMS TODAY
... AND EVERY DAY

Lover's
stolen
my life

I'VE only been going out with my girlfriend for three weeks, but already I don't feel I've got a life of my own.

I'm expected to go round her place every night, where we have a meal and have sex, and then I go home.

At the weekend, we go to the supermarket and look round the shops. It's just not my idea of fun.

One night, I told her I was going out with my mates and would not be able to see her. She went nuts, sulked for two hours and wouldn't have sex.

Another night I said we should go out for a drink, but she said we didn't need to, because we had each other now and didn't need anyone else.

I didn't realise going out with her meant my life would be over. She seemed like a really hot babe.

But we do get on well and we could have a future, so what should I do?

JANE SAYS: You've got to talk – and fast. You've got to sort this out now, or her behaviour will ruin your relationship.

Tell her that you're not an old married couple and you both need time to see your pals.

Explain that you'll see her four or five nights a week and on the other nights you'll live your own life. But promise that you won't be on the pull when you're apart.

Once you have reassured her that you'll be faithful, she then has a choice. She either goes along with you or you split up.

SEDUCED BY MY BEST PAL'S GUY

I'VE had sex with my best friend's bloke – and now I'm so full of guilt. It was a huge mistake and I don't know how it happened.

I can't even talk to my friend any more because I feel so bad about it all.

It all kicked off just before my friend's surprise party, which her boyfriend had been planning. I was helping him to organise it and he came round to my flat to talk about the party food.

We sat down on the sofa with a bottle of wine and started deciding what to cook. All of a sudden, he grabbed my hand and told me that he'd always fancied me. He said the time we'd spent sorting out the party together had made him realise that he wanted me.

I was so shocked, I just sat there and listened to him tell me how he wanted to make love to me.

I guess I was in the right mood to be flattered, because my boyfriend had ended our three-year relationship a couple of weeks before.

I'd never even thought of this guy as anything other than my friend's boyfriend. But when he started talking and stroking my arm, I went into a sort of trance.

JANE SAYS: It's quite understandable why you acted as you did.

You were very vulnerable since splitting with your boyfriend, so when this guy showed you some tenderness you were defenceless to push him away.

You need to cut yourself some slack and forget about it. There's no way you can tell your friend and it's clear neither you nor her boyfriend want anything further to happen.

So you have got to push it to the back of your mind. Tell your friend that you are still upset about being dumped by your ex and that's why you've been a bit off with her and unable to talk.

It's not really that far from the truth and sometimes a little white lie is allowed.

If you need to speak to someone, try Careline on 020 8514 1177.

our sex session – which I'm really relieved about.

The party was a disaster, because I just couldn't stop feeling terrible and I wasn't in the mood for fun.

My friend has asked me what's wrong, because it's very unusual for me not to open up to her. But what should I do?

JANE SAYS: It's quite understandable why you acted as you did.

You were very vulnerable since splitting with your boyfriend, so when this guy showed you some tenderness you were defenceless to push him away.

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Snogging

He led me upstairs, undressed me and laid me on my bed, and we started snogging like mad. I was blown away by it all and it was more like a dream than reality.

We had sex for four hours in every position you can think of and he was really great.

After shagging like rabbits, I suddenly came to my senses and told him he'd better go.

There's no way I'd ever mean to hurt my friend and I'm certainly never going to do it again.

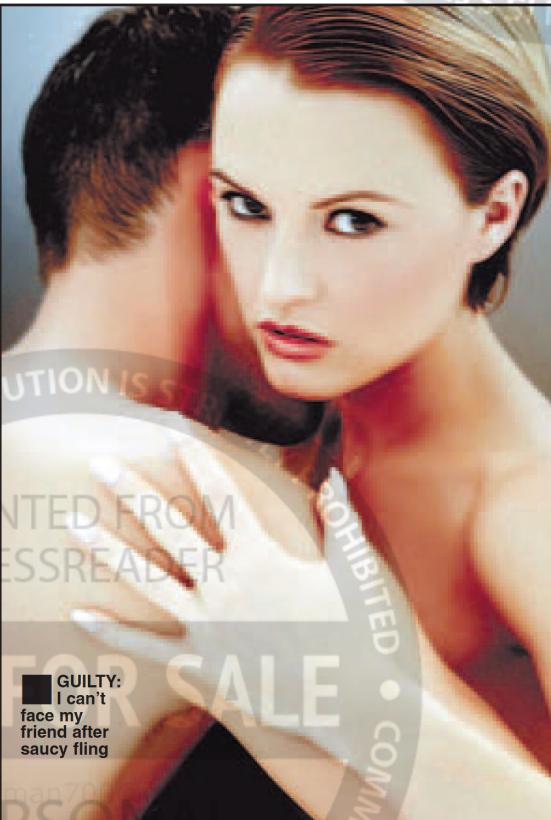
It might have been great sex, but I now feel so guilty about it.

My friend has no idea. When I've seen her bloke, she's been just as he was before, with no mention of

you.

It's not really that far from the truth and sometimes a little white lie is allowed.

If you need to speak to someone, try Careline on 020 8514 1177.



GUILTY:
I can't
face my
friend after
saucy fling

(Calls cost 60p
per minute from
a BT landline)

JANE'S ADVICE LINES

0905 062 2180

Coping With A Break-up

0905 062 2181

Finding The Perfect Partner

0905 062 2182

My Sex Life Is Boring

0905 062 2183

Boost Your Confidence

0905 062 2184

The Female Orgasm

0905 062 2185

My Partner Is Having An Affair

0905 062 2186

I'm So Lonely

0905 062 2187

Coping With Jealousy

0905 062 2188

Having Sex After A Baby

0905 062 2189

We Argue All The Time

0905 062 2190

Loving For The First Time

0905 062 2191

Fantastic Sex

Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk

CRYING OUT FOR HOT SEX

MY girlfriend seems to have gone right off sex. We haven't had any sexual contact for about six months, so I decided to take action.

Before she went to work, I told her to expect a real treat when she came home.

I had the day off, so I got the house all romantic with rose petals on the bed, candles, sexy music and a bottle of champagne on ice.

I was feeling really horny, but when she came home she ignored all the hard work I'd put in and got into the bath.

I felt gutted and asked her why she had acted like that. She just burst out crying.

and told me to leave her alone. Now I'm totally baffled. Help!

JANE SAYS: What you did was lovely, but perhaps it was just too much for your girlfriend and overwhelmed her.

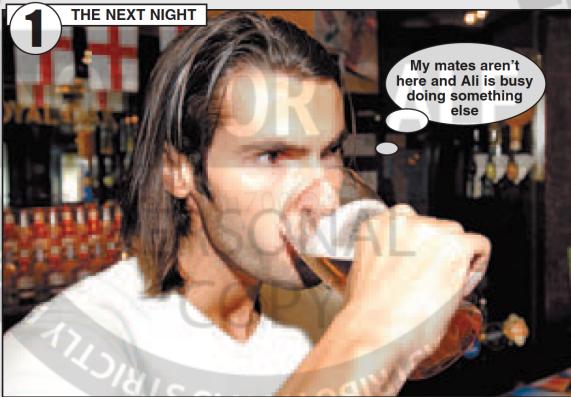
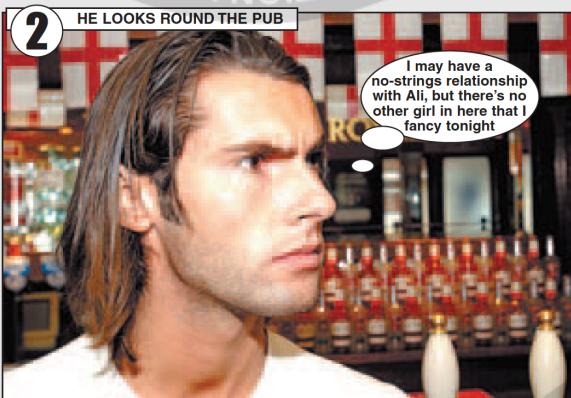
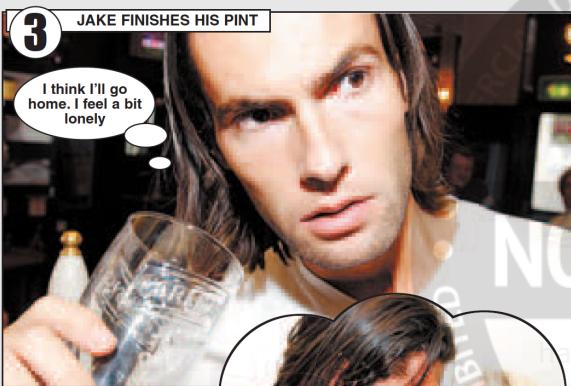
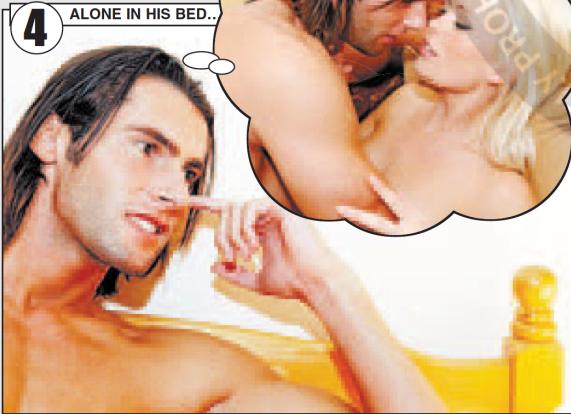
Put aside your ultra-romantic plans, take her in your arms and snuggle up in bed without any accessories like music, candles and rose petals.

You certainly took the initiative, but just went a bit over the top.

Tone it down and you should get the result you want.

I DIDN'T MEAN TO FALL IN LOVE

Day three

1 THE NEXT NIGHT**2 HE LOOKS ROUND THE PUB****3 JAKE FINISHES HIS PINT****4 ALONE IN HIS BED..**

CONTINUES TOMORROW

Justin Toper

The **DAILY STAR**-gazer who knows your future

IF TODAY IS YOUR BIRTHDAY:
You must believe that everything happens for a reason. Your faith will soon be restored by a series of events which will create real magic.

Aries

(Mar 21–Apr 20)

WHAT was recently proposed might not seem like much. On the other hand, it could mean a great deal to you. For what it is worth, you will still be given a contract that could set you up nicely. Meanwhile, this is the perfect time to do some browsing, as you may find a new partner. To see why you could find a real bargain, call...

To receive daily texts
send DSAR1 to 63333

0905 072 0099 (01) *

Gemini

(May 22–June 22)

DESPITE the fact that everything was turned upside down recently, it should be onwards and outwards. True, you may have extended yourself too far and need to pull back. But don't blame work as you are about to receive the best kind of reward. Really, it's a gift. To see why you will survive, call...

To receive daily texts
send DSGEM1 to 63333

0905 072 0099 (03) *

Leo

(July 24–Aug 23)

A PARTNER or another person is more driven than you realise. There may have been a lot of animosity recently, and this is not the time to promote yourself. Instead, you should find that your relationships are much healthier as soon as you stop demanding things. Nevertheless, you won't be undervalued. To see what you could contribute, call...

To receive daily texts
send DSEL1 to 63333

0905 072 0099 (05) *

Libra

(Sep 24–Oct 23)

IT'S hard to sympathise with others after you've had your fair share of troubles. More importantly, you may need to defend all that you value or hold dear. But who knows what you might be able to achieve today by changing your approach. To see why praise and encouragement will come your way, call...

To receive daily texts
send DSLIB1 to 63333

0905 072 0099 (07) *

Sagittarius (Nov 23–Dec 21)

NO doubt what has just come to the surface was hard to grasp, or it could have been lost in translation. But you also have a suspicion that others are being obscure. However, there will be a pause. But what happens now has real meaning – and could well be a turning point. To see why there is a lot of mind games going on, call...

To receive daily texts
send DSSAG1 to 63333

0905 072 0099 (09) *

Aquarius (Jan 21–Feb 19)

THIS has been a challenging time – and a harrowing one. Maybe you should make things comfortable for yourself by fitting in with certain people – and it might be difficult not to. Besides, you are about to be presented with the opportunity you have been waiting for. To see why everyone is counting on you, call...

To receive daily texts
send DSAQU1 to 63333

0905 072 0099 (11) *

* When you telephone to hear Justin's weekly in-depth forecast, you will be asked to dial your special Zodiac Number. This is the number in brackets next to the general number under each of the star signs. Calls to Justin's Zodiac Lines cost 75p per minute from a BT landline. Subscribe to receive Justin's daily texts for 50p per message per day, eg text DSARI to 63333. You will be sent one new message daily. This is a subscription service – it will cost you 50p per day until you text your star sign's code followed by STOP, eg USARI STOP to 63333. For help call 0871 872 0112.

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